Holiday Safety

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Alcohol Facts
What is Alcohol?

- The *MOST Abused drug by Soldiers*
- A Central Nervous System (CNS) Depressant
- A standard Drink is:
  - One 12-ounce beer/wine cooler
  - One 5-ounce glass of wine
  - 1.5 ounces of 80-proof distilled spirits

Alcohol Effects
Blood Alcohol Content (BAC)

- Alcohol is not digested
  - 95% is absorbed into the blood stream
- Once alcohol is in the body – it reaches the brain within minutes
  - "CNS" functions affected
    - Balance/other motor skills
    - Mood/Judgement/concentration
- BAC is affected by
  - body weight/metabolism
  - drinking speed

More Alcohol Facts

- The 3 most critical skills necessary for good safe driving are:
- Judgment, Vision, Reaction
- Alcohol impairs…
- Impairment may occur well before reaching the illegal blood alcohol limit
- Alcohol may have a different effect each time the driver drinks depending on:
  - If/when food is consumed
  - Metabolism
  - Mood/level of fatigue, etc…

Alcohol, Drugs and Driving

Alcohol	Beer, wine, whiskey, tequilla, etc.	Dulls judgement/concentration Slows reaction time Blurs/restricts side/night vision Hinders muscle control/coord. Increases drowsiness Decreases inhibitions
Alcohol + Marijuana	Any alcohol + THC	Multiple vision & slowed glare reaction time Hinders maneuvering ability Affects tracking ability
Alcohol + Antihistamine s	Any alcohol + O.T.C remedies e.g.	Increases drowsiness, confusion and anxiety

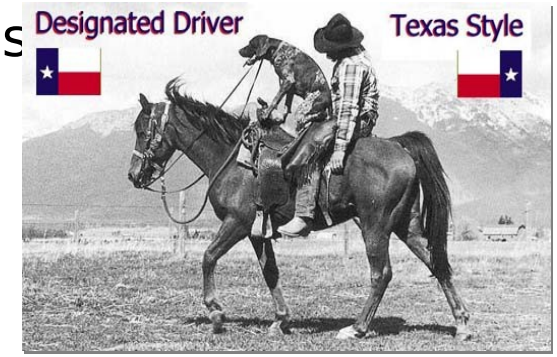
Drunk Driving Facts

- Since the mid-1990's
  - 17,000 Americans killed
  - 700,000+ injured
- Average day's toll
  - 46 die/40% of traffic fatalities
- Greatest single cause of death for those 6-33
- 3 out of 10 Americans may be involved in an alcohol-related crash
- Nearly 80% killed not wearing seatbelts
- Yearly cost > 50 billion
  - Over 1.5M arrested
- 50% of traffic fatalities during the holidays were alcohol related (1998, Mississippi State University)

From NCADD

Driving while under the Influence

- Designated driver programs?
- Driving in Germany > *Different*
  - Refuse MP breath test > Lose driver license
  - German blood test > may be agains
  - Jurisdiction:
    - FM/Civilians under host nation law
    - Military under UCMJ
- UCMJ



.5 to .99 ‰	1.0 ‰ and above
•POV and military license suspension 3-6 mo •6 points on driver's license •CCC Referral •General officer letter of reprimand: very high probability	•License revoked •May not apply for new license for one year (if received, will be on probation for 4 years) •CCC enrollment •General officer letter of reprimand

Demonstration

- Impaired Driving Goggles
- Volunteers???

Celebrating the Holida

Tips for Alcohol-safe Parties

- Encourage a focus on fun activies, not alcohol
- Prepare plenty of foods
- Offer a variety of non-alcoholic beverages
- Use a “key basket” to collect keys when guests arrive
  - Know guests condition before returning the keys when they depart
- Don’t let guests mix their own drinks – use a reliable bartender
- Stop serving alcohol at least one hour before the party ends
- Ensure designated drivers and alternative transportation is available or plan for houseguests

Tips for Keeping Alcohol Intake to Healthy Minimum…

- Learn the art of “dawdling”
- Avoid drinking on an empty stomach
  - If you take a drink… pick up some food too
- Don’t use alcohol to relieve Holiday stress…or to ”loosen up”
- Refrain from drinking any alcohol if….
  - You are pregnant
  - On medication
  - Driving
  - Shopping
  - Chemically dependent

Happy Holidays!!
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